

# LONDON metro



Group Win • July 5 • Peterborough



## \$50 MILLION WINNERS

### BACK TO SCHOOL MEANS BACK TO THE KITCHEN

BUT FEAR NOT: CHEF MICHAEL SMITH'S SIMPLE ORGANIZING TIPS WILL HAVE YOUR SCULLERY FULL OF HAPPY YOUNG SCHOLARS

PAGE 10



### Holden Caulfield as a geezer?

Biographers promise a slew of posthumous releases by J.D. Salinger, including an update of The Catcher in the Rye

PAGE 6

### Method to his reefer madness

Justin Trudeau's cannabis confession is a strategy to brand him as a 'transparent' leader, the Liberals say

PAGE 4

### So who's got the Blues now?

The Western Mustangs, to the tune of a 50-14 win over the Varsity Blues on Sunday afternoon

PAGE 13

NEWS WORTH SHARING.



# Oh, dam: Still busted after all these years

**Springbank Dam.** Conservationists say Thames is healthier without it, but boaters can't use the river

MARK SPOWART  
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Five years and waiting: The recreational dam in Springbank Park is still years away from being fixed.

In June 2008, tests on the over-budget, much-delayed repairs on the flood-damaged Springbank Dam went wrong.

As the northernmost door of the dam raised, it shifted on to its side, snapping the bolts. In just a few minutes, the nearly

\$7-million dam and the Thames River were once again unusable for recreational boaters.

As city officials, contractors and engineers started the blame game, two equal but opposite points of view emerged on whether this was a good or bad event.

At the London Rowing Club, where members have been rowing the Thames for more than 150 years, the future was looking bleak. "The immediate impact was our membership tailed right off," said Graham Barham, a board member, who has seen membership drop to less than 100 from the usual 700.

The club moved to Fanshawe Lake, as guests of the Canadian Women's National Rowing team and Western's rowing team, who train there.

The move resulted in the cancellation of the "Head of Thames" regatta that ran on the Thames from the early 1970s until 2006 and was seen as one of the top races in North America.

On the other hand...

"It has reverted back to being a functioning river," said John Schwindt, aquatic biologist with the Upper Thames River Conservation Authority.

"The vegetation on the banks of the river has recovered, and a lot of what goes on in a river, you don't see," Schwindt said, adding that species of fish have returned.

When the dam was functioning, the sides met in the middle, with the dam being in operation for six months of the year, and fully open for the other six.



## GAGA OVER GOO GOO

John Rzeznik of the Goo Goo Dolls bangs out a chord at Budweiser Gardens on Sunday night, leading the band in all the hits that made them big in the 1990s and 2000s. Fans at the nearly sold-out show were on their feet from the first note of the opening song. MARK SPOWART/FOR METRO

## THE NUMBERS SPEAK FOR THEMSELVES.

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# College ready to land at airport

**Real-world setting for learning.** Fanshawe confirms purchase of Jazz Aviation site



**MIKE DONACHIE**  
mike.donachie@metronews.ca

The new aviation centre for Fanshawe College has been cleared for landing.

The college announced Friday it had agreed to a deal to take over the former Air Canada Jazz building at London International Airport, which was the site of jobs woe barely a year ago.

The airport suffered a bitter blow when 200 aviation maintenance jobs left the province for Vancouver, and the building has been empty in the year since then.

Now Fanshawe moves in, taking advantage of a real-

world setting for its aviation programs.

"This is a very exciting development for Fanshawe College and our aviation programs," said Dr. Howard Rundle, Fanshawe College president.

"Very few colleges can offer this type of authentic and realistic learning environment for their students — where they will be working with the airport's runways literally in our backyard."

The agreement will officially close Aug. 29 and covers the 52,000-square-foot hangar and 30,000-square-foot office building. It involves a 30-year lease for the site.

The college will now work on adapting the hangar bay and continue to an additional six to eight new aviation programs. Enrolment in existing programs this fall is expected to be about 100 students.

## The airport

**465,704**  
people flew into or out of London's airport in 2012

**200**  
jobs lost when Air Canada Jazz pulled out

## Pumped up and kickin'

Faran Sal Mani, left, of the Wafrika All-Stars soccer team, battles for the ball against Pedro Ribeiro from the London Police Service soccer team in a friendly game that was part of the 2013 Community Cup held Sunday at Jesse Davidson Park in west London. **MARK SPOWART/FOR METRO**



## No injuries. London man charged after hit-and-run

A 25-year-old London man has been charged with impaired driving and failing to remain at the scene of a collision after he allegedly struck another vehicle and fled from the scene in the early hours of Sunday morning.

London police say Ricardo Cordeiro was driving a Ford

pickup truck eastbound on Simcoe Street at about 2:30 a.m. when it collided with a car that was parked on the south side of the street. The Ford then left the area, but was found a short time later by the police.

No one was injured as a result of the collision. **METRO**

## The charges

Cordeiro faces the following charges:

- Impaired care and control of a motor vehicle
- Impaired care and control

of a motor vehicle with more than 80 mgs of alcohol in 100 mls of blood

- Failing to remain at the scene of a collision

## Arrests. Old East charity workers to get some of their stolen Christmas back

The cops, the community and its unstoppable staff have turned around a bad week for an Old East Village charity.

Last week, staff found their offices had been broken into and \$5,000 of gift cards, intended for low-income families at Christmas, had been stolen.

But the weekend rebounded after police made three arrests and recovered cards totalling \$1,600. They also seized about \$300 worth of groceries.

"It's sad but it's good," said Maureen Caissie, manager of the store run by Life Spin.

"It's sad that somebody did that to us but we haven't let it dampen our spirits any. We're down, but we're not out."

Police said Friday a 21-year-

## The tally

**\$5,000**  
of gift cards stolen

**\$1,600**  
worth recovered by cops

**\$300**  
worth of groceries seized

## Rebounding

**"We're down, but we're not out."**

Maureen Caissie, manager of the store run by Life Spin

Caissie said everybody was heartened when donations came flooding in from people who had read about their troubles.

The charity is managing to continue as normal, too. Last Friday, staff filled 195 backpacks for kids starting school, giving them all the supplies they need thanks to gifts from the public and TD Canada Trust. **MIKE DONACHIE/METRO**

old man, a 15-year-old teen and a 43-year-old woman had been charged.

The break-in occurred during the evening or overnight hours of Aug 17.



# Back to school with Coupon Christine

**Save big.** London's coupon expert urges parents to keep an eye on their spending



MIKE DONACHIE  
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It's almost time to get the kids back to school, and London's own spending expert is keeping an eye on the pennies.

Christine Hicks, who runs the successful website CouponChristine.com, is offering tips for parents who find times tight.

Hicks, who lives in north London, saves 40 to 60 per cent every week on her grocery bill, just by looking for

## Christine's top tips

- **Remember the Scanning Code of Practice:** If an item under \$10 is priced wrongly on the shelf, and scans at a higher price when you come to pay, the law says you get it free. Seriously.
- **Sign up for sites:** The latest deals are sometimes time-limited, so get in fast.
- **Buy cautiously:** If you don't need it, don't try to save money on it.

offers, and she insists you can, too.

"People think that coupons are just for junk food, but they're not," she said. "You can get coupons for healthy food, too."

"There are coupons on milk and yogurt and other things. Filling kids' lunch

boxes is a big expense for parents, but if they do it right they can save a lot of money."

Hicks, who has a three-year-old daughter and a baby boy due to be born in October, started paying close attention to savings when she balked at the cost of diapers.

Soon she was an expert on coupons, deals and all kinds of tricks, so she began CouponChristine.com and now has more than 11,000 followers on Facebook.

A research co-ordinator at Western University, she's now a spokesperson for specialist coupon site save.ca, and she's followed by a lot of students.

## Quoted

"People think that coupons are just for junk food, but they're not. You can get coupons for healthy food, too. There are coupons on milk and yogurt and other things. Filling kids' lunch boxes is a big expense for parents, but if they do it right they can save a lot of money." Coupon Christine



Christine Hicks, a.k.a. Coupon Christine, has advice on how to save money. MIKE DONACHIE/METRO



Making some noise, but in as polite a manner as possible: A very Canadian animal-rights protest takes place at Western on Friday. MIKE DONACHIE/METRO

## Animal-rights activists make their feelings known — very politely

They say that politeness costs nothing.

At Western University on Friday, after animal-rights activists gathered to make some noise, the saying was proved true. Eleven protesters from the international campaign Open the Cages stopped by, armed with masks and bullhorns, to demand an end to animal testing on the campus.

But they didn't even get started before Safe Campus Co-ordinator John Carson, a retired deputy commissioner with the OPP, arrived with a campus cop and politely explained that they should have sought permission for their event. He asked them

to leave.

Animal-rights people have a pretty bad reputation for angrily targeting lab workers, but this bunch were all smiles and, after exchanging friendly words with Carson, they headed to the edge of the campus on Western Road to wave signs, shout slogans and pass out flyers.

"Tests have shown animals are sentient beings," said London's Open the Cages organizer, Jeremy Larivee. "If you lock cagemates away, they will try to free them. They form bonds and they have all that social interaction."

The activists called on West-

ern to look into alternatives to animal testing, such as computer models and tissue samples, and to free any animals they have.

But Western spokesman Keith Marnoch said that's already policy. "We certainly take that responsibility very seriously," he said. "We carry out animal research with a commitment to what we call the three Rs: Reduction, refinement and replacement."

That means animal numbers are kept to a minimum, all animals have their welfare respected and the university is always seeking alternative techniques. MIKE DONACHIE/METRO

## Open the Cages

- Open the Cages is in the midst of its "East Coast tour," starting in Florida and taking in 16 cities in North America, including Ottawa and Toronto.
- Also included are screenings of the feature-length documentary Maximum Tolerated Dose, which focuses on the experiences of people and animals involved in testing.





## Joy for what was, woe for what will not be

Sarah Harper, the girlfriend of Christopher Lane, releases a balloon to celebrate Lane's life during the Chris Lane Memorial Game at the Essendon Baseball Club on Sunday in Melbourne, Australia. Australian Chris Lane was shot dead in Duncan, Okla. Three teenage males have been accused. Police said one of the accused told investigators that the three were "bored" and decided to kill for the "fun of it." SCOTT BARBOUR/GETTY IMAGES

# Migrants killed by train derailment in Mexico

A notorious cargo train known as "the Beast," carrying at least 250 Central American hitchhiking migrants, derailed in a remote region of southern Mexico on Sunday, killing at least five and injuring 17, authorities said.

The train company and rescue workers were bringing in two cranes to help search for more victims among the derailed cars, officials said. Thousands of migrants ride the roofs of the cars on their way north each year, braving brutal conditions for a chance at crossing into the U.S.

The Tabasco state government said at least 250 Honduran migrants were on the train heading north from the Guatemala border. Heavy rains had loosened the earth

Turned away

## 32,000

The number of Hondurans deported by the U.S. last year. Authorities say it's hard to estimate the true number crossing north.

beneath the tracks and shifted the rails, officials said.

Honduran President Porfirio Lobo set up a call centre for families to learn information about their loved ones.

The head of civil protection for Mexico's Interior Department, Luis Felipe Puente, released a list of 17 Hondurans ranging in age from 19 to 54 who were taken to two regional hospitals. Six of them were in serious condi-

tion, according to the list he published on Twitter.

Tabasco state Civil Protection chief Cesar Burelo Burelo said the accident happened at 3 a.m. in a marshy area surrounded by lakes and forest that is out of cellphone range.

The Red Cross said dozens of soldiers, marines and civilian emergency workers rushed to the area, which ambulances couldn't reach.

While the number of Mexicans heading to the U.S. has dropped dramatically, there has been a surge of Central Americans making the 1,600-kilometre journey, fueled in large part by the rising violence brought to their homelands by the spread of Mexican drug cartels.

THE ASSOCIATED PRESS

# Trudeau's toke tale aimed at dispelling smoke and mirrors

**Transparency.** Liberals hope host of measures will bring more public support than trouble

There is method to Justin Trudeau's reefer madness.

His willingness to confess his past proclivity for puffing pot is part of a strategy to brand the Liberal leader as a different kind of politician — one who's transparent, even to a fault.

It's a risk that could pay off big or blow up in his face, Liberal insiders acknowledge.

His voluntary admission last week that he took a pull on a joint at a dinner party three years ago — while he was an MP — wasn't the first example of Trudeau's perilous frankness and it won't be the last.

During the leadership contest last spring, Trudeau voluntarily disclosed all his sources of income, including more than \$1 million earned on the public-speaking circuit.

The fact that he continued to accept hefty speaking fees from charitable groups and educational institutions after being elected as an MP sparked sufficient backlash that he eventually offered to refund any dissatisfied group. In the end, none took him up



Justin Trudeau's call to legalize weed has the added benefit of appealing to those who normally vote NDP, strategists contend. FRANCIS VACHON/THE CANADIAN PRESS FILE

on the offer.

"It's the type of leadership that (Canadians) have been waiting for," Liberal House leader Dominic LeBlanc wrote on the pot controversy in a blog on the party's website last week.

"Rather than duck and dodge, our leader gave straight answers to tough questions."

The commitment to transparency isn't going to be confined to the leader, however.

During a three-day caucus retreat in P.E.I. that begins Tuesday, Liberal MPs and

senators are to be presented with a template for publicly disclosing their expenses online. That's in keeping with a promise made by Trudeau last spring amid the uproar over the Senate expenses scandal.

MPs will also be given a rundown on how the party intends to handle Trudeau's pledge to hold open nominations in every riding across the country, forgoing the leader's power to appoint candidates or protect incumbents from challenges.

THE CANADIAN PRESS

'Discrimination' or not?

## FIFA awaits reply on Russia's gay law

FIFA President Sepp Blatter expects a reply within days from the government in Russia, the 2018 World Cup host, after requesting clarification of its law prohibiting gay "propaganda."

Blatter said Sunday that he asked "by letter and by personal contacts" President Vladimir Putin for details about legislation which has provoked an international furor ahead of the 2014 Sochi Olympics.

FIFA legal statutes state that discrimination is "punishable by suspension or expulsion" for individuals in football or member federations.

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Netherlands

## Protesters mock Putin over policy

More than 2,000 people protested in Amsterdam on Sunday, condemning the Russian government's homosexuality policies.

An enormous blow-up doll caricature of Russian President Vladimir Putin stood bare-chested and draped in a rainbow flag.

Mayor Eberhard van der Laan hopes it sent the message that "love is not propaganda." The two countries have named 2013 as a year to celebrate historical ties — but Van der Laan declined to meet with Putin when he visited in March, sending a lesbian councilwoman in his place. THE ASSOCIATED PRESS

Myanmar

## Buddhist mob sets Muslim homes, businesses ablaze

Members of a 1,000-strong Buddhist mob torched dozens of buildings in Myanmar following rumours that a Muslim man tried to sexually assault a woman, officials and witnesses said Sunday, as the country was again gripped by sectarian violence. State TV reported that about 42 houses and 15 shops were burned — most belonging to Muslims.

The unrest began last year, when nationalist Buddhists accused a Muslim community of illegally entering the country and encroaching on their land.

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# Syria OKs chemical attack investigation

**UN probe.** Several countries urge military action if strike alleged to have killed more than 300 is verified

Syria agreed Sunday to a UN investigation into last week's alleged chemical weapons attack outside Damascus — a deal a senior White House official dismissed as “too late to be credible,” saying the United States has “very little doubt” President Bashar Assad's forces used such weapons.

The hardening of the U.S. position came as calls for military action grow. In a sign the U.S. may be a step closer to an armed response, naval forces have already been dispatched toward Syria's coastal waters, although President Barack

Obama has cautioned against a hasty decision.

With France, Britain, Israel and some U.S. congressmen urging swift military action against Assad's regime if the use of chemical agents is confirmed, the UN team's conclusions could have a dramatic impact on the trajectory of the country's civil war.

The agreement struck in Damascus calls for UN experts already in the country to begin an investigation Monday into the suspected chemical attack on rebel-held areas in the capital's eastern suburbs.

Anti-government activists and Doctors Without Borders say that more than 300 people were killed in an artillery barrage by regime forces Wednesday that included the use of toxic gas. The government calls the allegations “absolutely baseless.”

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## Applying pressure

### Baird, Harper share outrage with leaders

Foreign Affairs Minister John Baird and other western leaders applied more pressure on Syria on Sunday, with a call for Syrian authorities to allow the United Nations access to the site of last week's alleged chemical attack.

Officials in Baird's office said he had separate phone conversations on Sunday with U.S. Secretary of State John Kerry and the Foreign Minister of the French Republic, Laurent Fabius. He spoke with British Foreign Secretary William Hague on



John Baird  
THE CANADIAN PRESS

Friday. The ministers “shared their outrage” about recent events in Syria, especially the

purported use of chemical weapons, said a foreign affairs official in an email.

Prime Minister Stephen Harper also was pulling the diplomatic levers over the weekend, discussing the situation in Syria by phone in separate conversations with British Prime Minister David Cameron and French President Francois Hollande.

THE CANADIAN PRESS



Black columns of smoke rise from heavy shelling in the Jobar neighbourhood, east of Damascus, Syria, Sunday. UN inspectors will have to traverse through both government-held and opposition-controlled turf to conduct their probe into an alleged chemical weapons attack. HASSAN AMMAR/THE ASSOCIATED PRESS

## Saudi Arabia

### Another dies of SARS-like illness

Saudi Arabia says one more man has died from a new respiratory virus related to SARS, bringing to 40 the number of deadly cases in the kingdom at the centre of the growing outbreak.

The Saudi Health Ministry said Sunday the 51-year-old man who died in Riyadh was also suffering from cancer and other chronic diseases.

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## Iraq

### Attacks kill at least 46 people

Insurgents bent on destabilizing Iraq killed at least 46 people in numerous attacks scattered around the country on Sunday, striking targets as varied as a coffee shop, a wedding party convoy and a carload of off-duty soldiers.

The attacks are part of a months-long wave of killing that is the country's worst spate of bloodshed since 2008, calling into question the security forces' ability to protect the country.

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Indian Bollywood actress Sonam Kapoor, right, holds a banner as she participates in a protest against the gang rape of a photojournalist in Mumbai, Sunday. Under intense pressure, police have acted quickly to hunt down the five suspects in the case. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

## Last arrests made in gang rape

Police on Sunday arrested the last of five men wanted in the gang rape of a photojournalist in Mumbai, and said charges would be filed soon in a case that has incensed the public and fuelled debate over whether women can be safe in India.

The victim, a 22-year-old Indian woman, said she was anxious to return to work after Thursday night's assault, in which five men repeatedly raped her while her male col-

league was beaten and tied up in an abandoned textile mill in the country's financial capital.

“Rape is not the end of life,” the woman told the Times of India. A statement from Jaslok Hospital, where she has been since the attack, said her condition was being monitored but that she was “much better” and was being visited by family. Indian law forbids identifying rape victims by name.

Police arrested the fifth suspect Sunday in New Delhi, the capital, after rounding up the other four in Mumbai.

“We will file a comprehensive charge sheet soon,” said Mumbai's police commissioner, Satyapal Singh, assuring that police had the evidence to prosecute the suspects, including the victim's testimony and medical samples taken at the hospital after the assault.

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## India. Hundreds of Hindus detained for defying ban on contentious pilgrimage

Authorities on Sunday detained hundreds of Hindu nationalists in northern India for defying a ban on pilgrimages to a disputed holy site that has been the cause of deadly clashes between Hindus and Muslims.

The city of Ayodhya, 550 kilometres east of New Delhi, has been under heavy security since last week, when the Uttar Pradesh state government announced a ban on the pilgrimages for fear of communal violence. Most shops are closed and people are staying indoors.

Members of the nationalist organization Vishva Hindu Parishad insisted they would go ahead with the 19-day pilgrimage, saying it was justified as a

## Ayodhya

Muslims revere the site as the former location of the 16th century Babri Mosque, while Hindus say it is the birthplace of their god Rama and that a temple to him stood on the site before the mosque.

religious event, not a political one.

Police said more than 500 people, including the organization's leaders, were detained either in Ayodhya or on their way to the disputed 64-acre religious site on the event's first day Sunday. THE ASSOCIATED PRESS



A Hindu holy man talks to a security officer deployed near a Hindu temple in Ayodhya, east of New Delhi, Sunday. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

## Wallin watch. Energy firm settles class-action lawsuit

A U.S. court has approved a multimillion-dollar settlement in a securities fraud class-action lawsuit against a bankrupt energy exploration company for which embattled Sen. Pamela Wallin was a director.

Between June 2007 and December 2011, Wallin was a paid member of the board of Oilsands Quest Inc., a Calgary-based exploration company. As a director, the Saskatchewan senator was named in the lawsuit along with fellow board members, TD Securities

and Calgary consulting firm McDaniel and Associates.

The lawsuit, filed by investors in United States District Court in New York in 2011, alleged that Oilsands Quest and its directors overstated the value of the company's assets by \$136 million.

Oilsands Quest has not admitted any wrongdoing and has denied all allegations. The firm decided it would be "desirable and beneficial" to settle because litigation could have dragged on. **THE CANADIAN PRESS**



Sen. Pamela Wallin was on the board of directors of Oilsands Quest Inc., a now-bankrupt energy exploration company. **THE CANADIAN PRESS FILE**

## Publishing. More Salinger books planned, new bio says

The authors of a new J.D. Salinger biography are claiming they have cracked one of publishing's greatest mysteries — what *The Catcher in the Rye* novelist was working on during the last half century of his life.

Starting sometime between 2015 and 2020, a series of posthumous Salinger releases are planned, according to co-authors David Shields and Shane Salerno, whose biography, called Salinger, will be published Sept. 3. The Associated Press obtained an early copy. Salerno's documentary on the author is scheduled to come out Sept. 6.

Providing by far the most detailed report of previously unreleased material, the book's authors cite "two independent and separate sources" who they say have "documented and verified" the information.

The Salinger books would revisit *Catcher* protagonist Holden Caulfield and draw on Salinger's Second World War years and his immersion in Eastern religion. The material also would feature new stories about the Glass family of Franny and Zooey and other



J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, his editor at *The New Yorker*. **THE STORY FACTORY/THE ASSOCIATED PRESS FILE**

Salinger works.

Salinger does not identify a prospective publisher. Spokesman Terry Adams of Little, Brown and Company, which released *Catcher* and Salinger's three other books, did not immediately respond to requests for comment. Salinger's son, Matt Salinger, who helps run the author's literary estate, was not immediately available for comment. **THE ASSOCIATED PRESS**

### Housing

## Canadian firm to build 10,000 homes in Jamaica

A Canadian firm has signed a four-year agreement with Jamaica's government to build 10,000 homes. The island's housing ministry says Commonwealth Corporate Support Services will launch the \$705-million project this year. The project aims to provide housing for Jamaica's middle class. **THE CANADIAN PRESS**

### Education

## N.Y. sues over Trump University

New York's attorney general has sued Donald Trump for \$40 million US, saying the real estate mogul helped run a phoney Trump University that promised to make students rich but instead steered them into expensive and mostly useless seminars, and even failed to deliver promised apprenticeships. **THE ASSOCIATED PRESS**

### Oil

## B.C. worries spill would overwhelm response efforts

Officials in British Columbia privately warned the province lacks the ability to manage oil spills from existing and future oil traffic, and even a moderate spill would overwhelm their ability to respond, documents show. The notes were written by B.C. environment ministry bureaucrats. **THE CANADIAN PRESS**

### Doping

## U.K. paper settles with Armstrong

British newspaper *The Sunday Times* has reached a settlement with Lance Armstrong after suing the cyclist to recover damages from a libel settlement. The paper paid Armstrong 300,000 pounds (now about \$490,000) in 2006 to settle a case after printing claims that he took performance-enhancing drugs. **THE ASSOCIATED PRESS**

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# SURELY WE SHOULDN'T BE SURLY

It's a goal of mine to not become a curmudgeon. That may sound like an easy aim, but here's the thing: I know I'm at risk. I'm already too sarcastic and cynical for my own good. And to top it off, I'm a columnist. That, almost by definition, has me headed down the curmudgeonly path.

In an effort to avoid the 'C word', though, I've promised myself not to become a back-in-my-day or kids-these-days columnist, railing against the perceived shortcomings of the younger generations. But I know it won't be easy, and a sure test is right around the corner: the return of students to London.

It's the 'student invasion,' as a friend put it last week, which is perhaps the perfect term. After all, once you're far enough removed from school yourself, the behaviour of university-aged students can seem quite alien.

Of course, it goes both ways. 'Don't trust anyone over 30' is the (often worthy) mantra of many teenagers and young adults. But



URBAN COMPASS

Todd Devlin

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does the generation gap have to be so pronounced?

It's easy for Londoners to simply curse the return of students. The glass-half-empty outlook is that these youngsters descend on the city, are more trouble than they're worth, and then leave after four years only to return for the odd homecoming.

And often, that's exactly the case. It has long been lamented that London is unable to retain its students. The majority come and go, and the city loses out on bright minds who could be future leaders in the community.

But maybe it starts with Londoners embracing its young students when they arrive — from all corners — and embark on some of the most important years of their lives. Maybe an improved connection would help reduce that 'brain drain.'

As adults, I would argue the first step is putting ourselves in the students' shoes. There's a funny thing that happens as the

years go by. I'll call it 'youth amnesia' — the forgetting (or selective memory) of one's own young adult years.

There's an old comic strip, by cartoonist Jerry Marcus, where a father and his young son are trudging through the snow. The father, with snow up to his knees, says, "This is nothing. When I was your age, the snow was so deep it came up to my chin!" The son, struggling alongside, is visible only by his head. The snow, of course, is up to his chin.

Acknowledging that students today are experiencing the same challenges we did when leaving home for the first time as green teenagers is a necessity in embracing students for what they are — unfinished products. And I mean that quite literally. The human brain is far from being fully developed when a student begins his/her post-secondary education. And the community has a unique opportunity to help in that development.

And just as there is plenty adults can teach youth, the opposite is also true. There is much to be gained in seeing things from another perspective. And, of course, avoid the undesirable life of a curmudgeon.

Follow Todd Devlin on  
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## ZOOM

### On paper, they're famous stars



#### Showbiz icons cut out of cardboard

An artist in Oxford, England, has turned discarded cardboard into portraits of iconic Hollywood stars. Giles Oldershaw, 59, stripped and added layers of the stiff paper packaging to highlight each personality's facial features. Those portrayed include, clockwise from top left: Audrey Hepburn, Marlon Brando, Marilyn Monroe and Alfred Hitchcock. **METRO**

#### Q and A

#### One man's trash



GILES  
OLDERSHAW  
Artist, 59, from  
Oxford, England

**What's your technique?**  
With one eye on a photograph of the star, I use a scalpel and a pair of tweezers to remove layers of cardboard to create defining features.

**Where did your love for cardboard come from?**  
I grew up in the outback of Australia, my family was very poor and I didn't have many toys. Instead, I got used to using found objects from the local dump.

COURTESY GILES OLDERSHAW



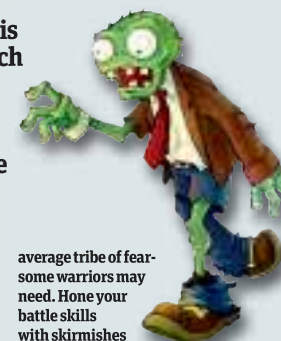
#### Clickbait



ANDREW  
FIFIELD

[andrew.fifield@metronews.ca](mailto:andrew.fifield@metronews.ca)

I spent a big chunk of this weekend travelling, which means I also spent a big chunk of it whiling away the commute on iOS games. These are the games I was playing:



#### Plants vs. Zombies 2:

The wildly anticipated sequel to Pop-cap's wildly successful flora versus the undead is finally out. Plant aggressively defensive plants with varying abilities in front of your house to keep it safe from the invading zombie horde. The choice to go freemium was controversial, and I'm on the anti-side. The in-app purchasing is handled fairly well, but I would have been much happier to pay a few dollars for the full game. (iOS/Free)

average tribe of fear-some warriors may need. Hone your battle skills with skirmishes against the game's AI armies to prepare for the first invasion from a real-life player. It's all huge fun. (iOS/Free)

#### Fetch:

A heart-melting, point-and-click adventure starring a boy and his dog — or a boy and a search for his dog, rather. Aimed squarely at younger gamers, the storybook presentation and colourful cast of characters will hook anybody who doesn't have a heart of stone. (iPad/\$4.99)

#### Clash of Clans:

Another addictive free-to-play time-suck, Clash of Clans is a little older but new to me. Build a village containing all the buildings and supplies your

#### Twitter



#VMAs #timeless

**@VictoriaJustice:** So excited for the VMAs... heard there might be an @NSYNC reunion :O Anyone else watching? #VMA

**@troysivan:** Waking up extra early today to watch the #VMAs live, because time zones are a thing

**@maggiewrobel:** N Sync reunion pending, I would also accept JT performing 'Justified' in its entirety

**@SoVeryAwkward:** That awkward moment when you're irrationally excited for the #NSYNC reunion tonight. #VMAs

**@mikesbloggity:** Wake me when there's a Moffatts reunion. #VMAs

**@jennxpenn:** So proud of my friends @jccaylen @alexalosey & @LOHANTHONY at the VMAs. Such a cool experience, hopefully one year I can go too! #VMAs

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



## Stay-at-home socialites

Slice's newest clique under the microscope is a group of six well-off ladies living with their parents on Long Island. But the young women of *Princesses: Long Island* want you to know that beneath the expensive bags and the Jimmy Choos are six girls just trying to make it in the world. Here's a look at each of them. *Princesses: Long Island* premieres Monday. **METRO**

### Chanel (Coco) Omari, 28

Chanel grew up in a modern Orthodox Jewish family and dreams of one day becoming a talk show host.

**On moving back home:** "We went through what everybody went through with the economic crisis. We all lived in the city at some point; we all tried to manage, and we couldn't, so we had to move back home. It doesn't mean that we're all not trying to find our independence."

### Casey Cohen, 28

The leggy blond is probably the least Long Island of the bunch — she spends her days working up a sweat at SoulCycle and lounging at the SoHo house rooftop. At night, she waitresses at trendy Meatpacking spot 1 Oak.

**On relying on her girlfriends** "Every girl wants to be a princess. I want to find that prince, but I haven't, so we have each other to go through that process."

### Ashlee White, 30

Though she loves living at home with her best friends (her parents), Ashlee looks forward to the day that she can be a stay-at-home mom and treat her husband like royalty. Fun fact: Her parents have a pool in the shape of an Absolut bottle.

**This ain't no Jersey Shore:** "Right now everyone is getting to know our names, and I can't wait for them to really know our stories, because we're so relatable, and once they hear our stories, the stereotypes — I feel like — will just disappear."



### Erica Gimbel, 29

Erica loves singing, dancing, hitting the beach and spoiling her two Cavalier King Charles spaniels.

**Mall day or beach day?** "Roosevelt Field stresses me out. Me and Amanda can be seen on the beach with SPF maybe four or eight with sun-shields."

**On being a Princess:** "We're all very comfortable in our own skin, and we're all confident and unapologetic on who we are."

### Amanda Bertoncini, 27

Amanda lives with her mom and runs her company, The Drink Hanky, which makes beverage sleeves to keep drinks warm and cool. She met her main squeeze, Jeff, on the Long Island Railroad.

**Where to find her this summer:** "I love Long Beach."

**No horse-drawn carriage for her:** "This princess rides the subway. I just have no patience. I just want to get there. When I drive in the city, I just want to, like, run over someone. Not literally."

### Joey Lauren, 30

Joey moved out of the city and back with mom and dad after getting her heart broken. She's currently working on growing her business, Kissamint LLC, which packages lip gloss and breath fresheners together in one unit.

**Where to find her on a summer day:** Field 4 at Jones Beach

**On potential suitors from outside Nassau County:** "If I was trying to find love that wouldn't matter to me."





Harry Styles. ALL PHOTOS GETTY IMAGES

## Bring on Mean: The Sequel, Styles ain't scared

Harry Styles knew what he was signing up for by dating Taylor Swift — and he's ready for the songs she'll likely write about him.

"It would be hypocritical for me to say she couldn't do it because everybody writes songs based on personal experiences," he tells Us Weekly. "I can't say I'd have dated someone less famous to avoid it. At least she's a great songwriter."



Zayn Malik

## Zayn headed in one direction, down the aisle

Days after news of his engagement to Little Mix singer Perrie Edwards broke, One Direction member Zayn Malik took to Twitter to share his feelings about the big news.

"Never been more happy in my life," he wrote. "Thank you to everyone that has been so lovely about my engagement to my beautiful fiancé."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### Rich celebrity wants you to know it's not all that great

Robert Pattinson wants everyone to know that fame is not all it's cracked up to be.

"People don't realize how lonely you are," he

tells GQ magazine.

"It's strange; you don't have a normal life anymore. You spend much time trying to fight it, but in the end you find another way to live."

And that's not all.

"When you become famous, it's easy for some people to hate you just because you are famous," he adds. "That's why, sometimes, you beat yourself up."

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September 15



Thirty Seconds to Mars  
September 18



Robin Thicke  
September 24

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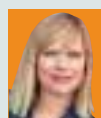
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## Book excerpt

## Online boss



**IT'S ALL  
RELATIVE**  
Kathy Buckworth  
kathybuckworth.com

Basically, there is no better place to be the boss of your kids than in the world of social media. It's a privilege, not

a right, for them to be there. Use your common sense and monitor them. Take, for instance, the concept of Facebook creeping. As a parent, this is a valuable management tool when it comes to finding out what your children are doing that they consider being brag-worthy. In other words, things they shouldn't be doing and don't want you to know

about.

Should you discover any unsavoury material on their page — which could include drinking, damaging public property, tattooing, or, worst of all, dissing their mother — punish them without explaining why. This is a perfect opportunity to pull out the “If you have to ask why, then you truly must think I am

stupider than I am.” (You may not want to use stupider in this particular context.) Creep their friends too, and tell on them to their parents. They're the boss of their kids too, remember? **FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013, WHICH HAS BEEN OPTIONED BY WARNER BROTHERS TELEVISION.**

## Exclusively online

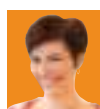
“Why do you keep asking WHY?!” Read *Reasons Mommy Drinks*, by Lyrandia Martin Evans and Fiona Stevenson at [metronews.ca/voices](http://metronews.ca/voices). Buy the book, *Reasons Mommy Drinks*, in bookstores across North America Sept. 10.



# Back-to-school kitchen juggle

## Michael Smith.

The chef, TV personality, writer, environmentalist and dad shares his tips



**THERESA  
ALBERT**  
DHN, RNCP  
myfriendinfood.com

1. Smith's kids love to cook pancakes on the weekend, so they make a whole-grain batter, double it and use it up the next day for waffles. Seasonal fruits and homemade compote make quick, healthy breakfasts.

2. Decide that the kitchen is fun, not work. Don't worry about the cleanup part. Just create a system to make quick work of that too.

3. Serve all meals “family style” on platters to please everyone's palate and hunger level. The leftover components can be transformed into lunches.

4. Cook outside on the grill as long as you can while the weather is good. Grill a bunch



**Chef Michael Smith believes keeping it simple is key to surviving the back to school rush and the kitchen in general. COURTESY THERESA ALBERT**

of fish fillets, chicken breasts or legs at the same time and toss into salads.

5. Have a fridge shelf designated for fruit and chopped veggies, ready for the after-school

rush. Kids are hungry at this time and you have more of a chance to “hit the mark.”

6. While you are cooking dinner, put an extra pot on the back burner with veggie ends,

## Clean-up system

Having a system to make cleanup easier encourages you to get into the kitchen more often. Smith shares these cleanup tips:

- **Dishwasher.** Smith is a big fan of a dishwasher that is clean and dishes that are spotless. He swears by Cascade Platinum because he doesn't have to rinse or hurry, so it saves time and effort.
- **On the go.** According to Smith, the discipline of “cleaning as you go” translates into better cooking. He believes that “every craft benefits from discipline.”
- **In a bowl.** Use a garbage bowl for compost and dishes for all ingredients. It is more efficient and safer to stick dishes in the dishwasher than it is to clean the counter.
- **Wipe away.** Wipe baking spills from pans with a moist clean cloth before you bake so sugars don't burn. Small drops make bigger problems.
- **Maximize.** Have a dishwasher system that uses your dishwasher to the maximum. Stacking well also makes unloading a snap.

peels and bones. This makes a very nourishing soup or broth for rice. Reduce it all the way down after straining and it can become a sauce.

7. Make baby food out of whatever you have on the go. Mash and jar, then freeze.

8. Cook your basics in advance when you have time. Quinoa, wild rice, beef, tomato sauce and the like do very well in the

fridge throughout the week.

9. Have a neighbourhood baking rally. Trade off muffins, biscuits, breads and loaves to get everyone in on the process.

All in all, Smith believes removing every impediment and fear of cooking is key to getting back to basics (which is the name of his new cookbook, by the way ... go figure!) and surviving the back-to-school rush.

# On the move? A guide for first timers

Afshin Rahimi was used to cooking and doing laundry while at home in Iran, but faced new challenges after leaving the country to study abroad.

“Before, my focus was more on my studies, but when I came here, I had to balance it,” said the 25-year-old graduate student. “I had to go grocery shopping, I had to pay the bills. And on the side, I had to do assignments ... do the research, deal with the professors and all that.”

Rahimi is currently completing his PhD in aerospace engineering at Ryerson Univer-

sity in Toronto, sharing a one-bedroom apartment a stone's throw from campus. Despite the challenges, Rahimi said the chance to live on his own has been beneficial in his personal development.

“You don't always have your parents to protect you, so you need to grow and learn how to protect yourself.”

Even in their physical absence, parents can still lend key moral support to kids primed to leave the nest, said Cindy Babyn, author of *Moving Out! A Young Adult's Guide to Living on Your Own* (General Store

Publishing House).

“They can frame moving out in a very positive manner, saying, ‘Oh, this is a great opportunity for you,’ while at the same time reminding them that they're just going to be one phone call away or one email away to help them out,” she said.

The author also shared some tips for youngsters pondering or planning to live away from home.

“I would suggest youth really do spend time looking around the neighbourhood, around the apartment where

they're going to be,” said Babyn, adding that house hunters should determine proximity to transit, the laundromat and other essential services.

Managing money is also vital. “Besides the emotional stress of the unknown and going out on your own, one of the major stressors is the financial aspect,” said Babyn. “Youth should know in advance that they are choosing to go into a place that they can afford.”

In addition to making coffee and meals at home, Babyn recommended scaling back on gift-giving if money is tight.

Picking the right roommates before setting up house is also critical. Youth must be honest about who they are and their expectations for the home to ensure they're well-matched with roommates.

“If I want to go to bed at 10:30 p.m. and my roommate is just getting their energy up at 10 p.m. — so they want to walk around, they want to cook, they want to watch TV, and they want to turn on the music and it's one in the morning and you want to try to get your sleep — this is a recipe for disaster,” she said. **THE CANADIAN PRESS**



# Tomatoes, cheese and basil: the perfect trio for couscous

ROSE  
REISMAN  
rosereisman.com

Israeli couscous is a small, round semolina pasta, different from the tiny, yellow North African couscous.

## Ingredients

- 1 cup (250 ml) Israeli couscous
- 1 cup (250 ml) diced Roma tomatoes
- 1/4 cup (60 ml) crumbled goat cheese (about 1 oz/30 g)
- 1/2 cup (125 ml) shredded Havarti cheese (1.5 oz)
- 1/3 cup (80 ml) chopped green onions
- 1/3 cup (80 ml) chopped fresh basil or parsley
- 2 tbsp (30 ml) grated Parmesan (or Asiago) cheese (0.5 oz)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) finely chopped garlic
- pinch of salt and pepper



This recipe serves four. CONTRIBUTED/ ROSE REISMAN

It's often referred to as pearl pasta because of its shape and texture.

Although it is becoming more readily available, you may have to go to a specialty store to purchase it. You can

substitute very small pasta.

1. Bring a large pot of salted water to a boil and add the Israeli couscous. Boil for about 8 minutes or just until couscous is tender. Drain well and

add to a serving bowl.

2. Add the tomatoes, goat cheese, Havarti, green onions, basil, Parmesan, olive oil, garlic and salt and pepper. Toss well and serve warm.

## Side. Lentil Tabbouleh

In this take on Tabbouleh, start by swapping out the traditional cracked bulgur wheat base. This recipe uses green lentils, which are packed with nutrients, low in fat, and high in fiber and protein. Plus, they have a subtle flavour, perfect for a salad

with plenty of other robust flavours.

1. Bring a medium pot of salted water to a boil. Add the lentils and cook until al dente, about 15 minutes.

2. Use a mesh strainer

## Ingredients

- 2 cups dry green lentils
- Salt
- 1 cup chopped fresh parsley
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh oregano
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 1/2 cup sliced Kalamata olives
- 1 red bell pepper, cored and diced
- 3 tbsp red wine vinegar
- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Ground black pepper
- 1/2 cup slivered almonds, toasted

to drain the lentils, then spread them in an even layer on a rimmed baking sheet. Transfer to the refrigerator to cool.

3. Meanwhile, in a large bowl, combine the parsley, thyme, oregano, garlic, celery, olives and red pepper. Set aside.

4. In bowl, whisk together the vinegar, lemon juice and olive oil. Drizzle the dressing over the herbs and vegetables, then mix thoroughly. Once the lentils have cooled (they don't need to be chilled, just no longer hot), add to the bowl and mix well. Season with salt and pepper, then sprinkle the almonds over the top. **THE ASSOCIATED PRESS**



## Healthy eating

### Choose it and lose it



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We all have cravings for something a little sweet sometimes, but biting into a certain sticky treat will cost you in calories, fat and sugar.



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1,080 calories/50 g fat/76 g sugar

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### Equivalent

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### Butter Tart

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# I'm uncertain about Junior's ensemble...

## Clothed in concern.

How to convey that less dress doesn't always impress

Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to lift up her arms, and if her shirt comes up above her belly, she's got to put a cami(sole) on or tank top."

As owner of online tween clothing boutique Sofiabella.ca — which also operates a retail store in North Vancouver — Grant makes a concerted effort to carry age-appropriate clothes and to offer alternatives to more suggestive or grown-up offerings targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh

### The smart way to style

Jennifer Kolari, a family therapist in Toronto, acknowledges that once youngsters reach their later teen years, parents can't engage in battles over clothing in the same manner as they did when children were younger.

- This is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the image or look they want to portray through their dress, she noted.

and Ben.

"So what the challenge is in finding pieces that have the look of what's current but that's cut appropriately for their bodies and nothing that's going to be too sophisticated or too sexy."

While the '80s, off-the-shoulder look is in vogue, Grant

said she aims to stay away from such selections as much as possible. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with wider straps underneath to "get a bit of the look without going overboard."

Grant said she has engaged in a lot of open communication with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little cutoff jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing or your belly is showing?"

"Right or wrong, people make a judgement on what you are based on what you wear, especially (after) a first impression. Now that she's older, she understands it a lot more."

THE CANADIAN PRESS



Elena Grant poses amongst clothing for sale at her home-based business Sofiabella, which sells age appropriate clothing for pre-teen girls, in North Vancouver. DARRYL DYCK / THE CANADIAN PRESS

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MLB

## Towering homer sends Tigers to win

Miguel Cabrera hit a mammoth homer, Rick Porcello enjoyed a happy homecoming and the Detroit Tigers polished off a three-game sweep of the Mets with an 11-3 victory on Sunday in New York.

The AL Central-leading Tigers improved to 12-5 in interleague play and have won 34 of 49 overall, the best mark in the AL since July 2. **THE ASSOCIATED PRESS**

Golf

## Scott good enough to grab Barclays championship

Masters champion Adam Scott won The Barclays on Sunday after everyone around him did their best to lose it.

Scott played bogey-free and closed with a 5-under 66. He finished an hour before the final group, and watched from the locker-room at Liberty National in Jersey City, N.J.

Graham DeLaet of Weyburn, Sask., shared second place with Tiger Woods, Gary Woodland and Justin Rose with a low final-round score of 65.

**THE ASSOCIATED PRESS**



Adam Scott on Sunday in Jersey City, N.J. GETTY IMAGES



Jays starter Mark Buehrle flips a grounder to first base for a seventh-inning out against the Astros on Sunday in Houston. PAT SULLIVAN/THE ASSOCIATED PRESS

# Buehrle helps bring Blue Jays out of slide

**MLB.** Lefty showing proclivity for coming through when Toronto falls into tailspin

Toronto might start calling Mark Buehrle the streak buster.

For the second time this season, Buehrle ended a Blue Jays seven-game losing streak Sunday.

He allowed one run over eight innings and the Jays rallied for two runs in the ninth inning to walk away with a 2-1

On Sunday	
2	1
Blue Jays	Astros

win over the Houston Astros.

Buehrle (10-7), who also ended the Jays' previous seven-game skid with a shutout against the Houston Astros on July 25, allowed seven hits and struck out seven in winning his fifth straight. He has allowed

seven runs over 27 innings, spanning his last four starts.

"If you last long enough, good things are going to happen," Buehrle said. "It would be nice to get runs early on, but you have to tip your hat to their pitcher keeping the guys off balance when you got guys on, getting ground balls. Tip your hat to him for not letting us score. Again, we battled until the end. That's why you play 27 outs. We scored runs at the right time."

With the win, Buehrle has earned at least 10 wins in 13 straight seasons, which matches CC Sabathia for the longest

active streak in the majors.

"I'd rather forego some of the personal stuff for being in a better position than where we are right now," Buehrle said. "At the end of the day when the season is over and you look at the season, I feel like I am having a decent season, but I have six or seven starts left, so I have to finish strongly and get as many wins as I can."

Casey Janssen pitched the ninth for his 23rd save.

Houston starter Dallas Keuchel gave up four hits and three walks with two strikeouts in seven innings.

**THE ASSOCIATED PRESS**

## Marshall leads Mustangs to victory over U of T

Fourth-year receiver Brian Marshall caught two touchdown passes and racked up 160 yards receiving to lead the Western Mustangs to a 50-14 win over the Varsity Blues on Sunday afternoon in Toronto.

It was the season-opening OUA game for both teams.

"Brian's had a great training camp," Mustangs head coach Greg Marshall said. "We expect that he's going

to make those big catches for us, he's got very, very strong hands. (He made those plays) at a time we needed those big plays from him."

Quarterback Will Finch led the Mustangs offence, completing 23 of 32 passes for 306 yards and two touchdowns with one interception. Chris Jugovic threw for one touchdown and 274 yards on 24 for 39 passing with two interceptions in the loss.

Second-year receiver George Johnson added nine receptions for 98 yards and one touchdown for the Mustangs.

The Mustangs open at home next Monday on Labour Day against the Carleton Ravens who make their return to OUA football this season. Game time is set for 7 p.m. at TD Waterhouse Stadium.

**DAVE LANGFORD/METRO**

Golf

## Ko owns two-year Canadian Open reign

Teenage golf phenom Lydia Ko made history Sunday at the CN Canadian Women's Open.

The 16-year-old from New Zealand shot a final round 64 to finish at 15 under for a five-stroke victory over Karine Icher.

Ko became the youngest winner of an LPGA event last year when she won the Canadian Open at the Vancouver Golf Club at age 15. With Sunday's victory, she becomes the first amateur



Lydia Ko  
GETTY IMAGES

in history to win two LPGA events.

Ko started the day a shot back, but shredded the course at Royal Mayfair Golf

Club in Edmonton with five birdies on the front nine.

She had seven birdies in total and curled in a birdie putt from 16 feet out on the final hole to cap the day.

As an amateur, Ko can't accept the \$300,000 first prize, which instead goes to Icher. **THE CANADIAN PRESS**

# On board with the icebreakers



Sidney Crosby speaks to reporters at Hockey Canada's Olympic orientation camp in Calgary on Sunday. The camp will not feature any on-ice activities. JEFF MCINTOSH/THE CANADIAN PRESS

## Orientation camp.

Players and coaches agree there is plenty to work on away from the rink this week

Sidney Crosby would like to be on the ice this week at Hockey Canada's Olympic orientation camp. So would Roberto Luongo.

Instead, the high cost of insurance will limit them to some optional off-ice workouts and maybe some golf on the side. But Hockey Canada figures that no skating is no problem for the players who travelled to Calgary for a few days of meetings, bonding and information-sharing in preparation for the 2014 Winter Olympics in Sochi.

"It would be nice, but it's not the case and I still think we can get a lot out of these few days without skating," said Crosby, the Pittsburgh Penguins captain who scored the gold-medal-winning goal in Vancouver

## Too high of a price

Players generally didn't protest the lack of on-ice activities because the insurance issue was out of their hands. Hockey Canada president and CEO Bob Nicholson estimated that with contracts totalling about \$1.5 billion, it just got too expensive to insure them and allow players to lace up their skates.

in 2010. "There will be a lot of information being thrown out there and we'll have to learn a lot in a short period of time, but I think everyone is kind of excited for that."

Those who went through this experience four years ago before the Vancouver Olympics remember it fondly. They were able to skate then, something that allowed coach Mike Babcock to at least get a rough idea of line combinations.

General manager Steve Yzerman would have liked that extra preparation, but as

assistant coach Claude Julien of the Boston Bruins pointed out, not having the luxury of skating gives the staff a "great opportunity to do something different."

"What you do in the next three days, we've learned, over time really matters," said assistant Ken Hitchcock, who coaches the St. Louis Blues. "The terminology that Mike talks about that we put in the next two days, the systems, the walk-throughs, are really, really important because all of us at the end of this event, we get onto our own teams and we don't think about it until we get on the plane. Having that information that the players can draw from, we can go back and hit familiar ground right away."

Creating some familiar ground is one of the main goals in the next couple of days. Many of the players at least know each other, but as Kevin Lowe, president of the Edmonton Oilers, noted, there's no way to underestimate "camaraderie and relationships" going into the Olympics.

THE CANADIAN PRESS

## Bucking Broncos don't worry Manning



Peyton Manning during the Broncos' 27-26 win over the Rams on Saturday. JUSTIN EDMONDS/GETTY IMAGES

Peyton Manning isn't panicking.

His supporting cast hasn't looked nearly as good as he has this summer.

His offensive line has been a turnstile. His two young running backs can't hold onto the ball. His two trusted tight ends have combined for three catches and three injuries and the chemistry with his new slot receiver has been stalled by Wes Welker's sprained ankle.

A rash of injuries on defence. Special teams breakdowns. All-Pro linebacker Von

Miller's six-game suspension that starts next week, which came on the heels of two executives getting suspended for drunken-driving arrests.

It's enough to drive Broncos fans to regret putting money down on the Super Bowl favourites in Las Vegas.

Manning isn't sounding any alarms, however.

"I'd be a little concerned if we were a finished product and a finely oiled machine in the third preseason game," he said. "I want to be a well-oiled machine toward the end of the

season and peak at that point."

Because they kick off the 2013 NFL season Sept. 5 against Super Bowl champion Baltimore, few starters figure to play much in the pre-season finale Thursday night against Arizona, meaning Manning's preseason is over.

"I don't think you can get every question answered in the preseason," Manning said. "We have some young players, we have some first-year starters. ... So, there is a lot of newness to this team."

THE ASSOCIATED PRESS

## Finding their way

In some ways, it's just like 2012, when Manning was getting used to just about everybody around him and needing the GPS to keep from getting lost on his way to and from work and home.

- "I think, similar to last year, our goal is to improve throughout the season," Manning said. "By no means should we be a well-oiled machine going into our opener against Baltimore. Hopefully, we can be hitting on enough cylinders where we can be effective."



## Japan slides past U.S. for its ninth LLWS championship

Tokyo's Takuma Gomi is tagged out by Chula Vista, Calif., catcher Patrick Archer while attempting to score on a wild pitch during the Little League World Series championship game in South Williamsport, Pa., on Sunday. Ryusei Hirooka lined a decisive two-run double in the bottom of the fifth inning, Shunpei Takagi hit two solo home runs, and Tokyo won the game 6-4. It was Japan's ninth title.

GENE J. PUSKAS/THE ASSOCIATED PRESS

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## Horoscopes

### Aries

March 21 - April 20

You may think you know all there is to know about a friend, but do you? Something you discover today will surprise you and require you to look at them in a new light. Maybe they're not so predictable.

### Taurus

April 21 - May 21

You have lots to do this week and you must get help. If you attempt to do it alone, you will most likely end up in a mess and get angry at the world.

### Gemini

May 22 - June 21

Make sure you know what is expected of you before you agree to take on more responsibility. You may be desperate to get ahead in your work or boost your income but it cannot be at any cost.

### Cancer

June 22 - July 23

Minor disagreements may get out of hand today, so try not to speak or act in a manner that could be seen as threatening. One minor spark could be all it takes to ignite a major blaze, so be extra careful.

### Leo

July 24 - Aug. 23

It's easy to blame others when things go wrong but on this occasion, the fault lies with you. Once you own up to that, you can find a way to put things right again. Others will help.

### Virgo

Aug. 24 - Sept. 23

You may be desperate to make a new start and the Sun in your sign makes it possible but don't push too hard today. Whatever choices you have in front of you there will be even better ones later in the week.

### Libra

Sept. 24 - Oct. 23

Venus in your sign is at odds with Uranus, planet of the unexpected, today, which suggests that someone close will be pushing to make changes. Let them. It's unlikely they will affect you.

### Scorpio

Oct. 24 - Nov. 22

Don't worry if you don't seem entirely "with it" at the moment. The challenges of the weekend have taken their toll and it may be a day before your mind is completely switched on again.

### Sagittarius

Nov. 23 - Dec. 21

There are a thousand and one things that need doing in your life and you know if you don't start on them now, they will never get done. Be ruthless in your time management.

### Capricorn

Dec. 22 - Jan. 20

You may be tempted to use shock tactics today but the planets warn it's not a good idea. You may even make things worse by provoking others to respond in kind.

### Aquarius

Jan. 21 - Feb. 19

You are right and everyone else is wrong. That's the way you look at it and no one is going to convince you otherwise. This time tomorrow though, you'll be having second thoughts.

### Pisces

Feb. 20 - March 20

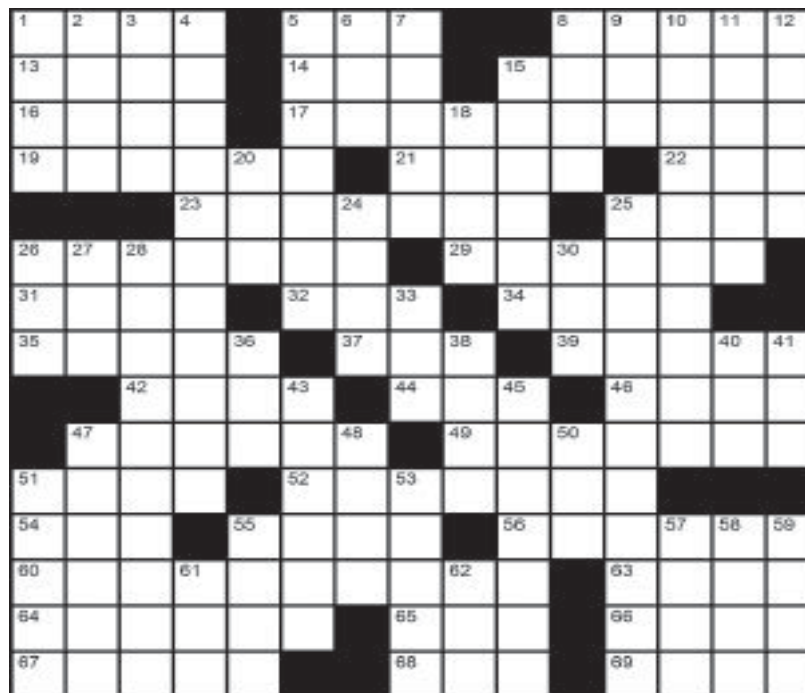
For some strange reason you fear the worst, even though there is no obvious reason why you should. Listen to your instincts but don't let them paralyze you into inaction. Just this once, they could be wrong.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Type of lettuce
- US airer of "Mad Men"
- Lady's Disney dog co-star
- Nabisco treat
- Mauna (Hawaiian volcano)
- Singer Justin
- Harbinger
- Rap act, \_\_\_ & Ryan Lewis
- From whence 'Canada' originates
- Cocktails, Mai \_\_\_
- Hi-\_\_\_ graphics
- Popper-outer-of-pop, \_\_\_ machine
- Afflicts
- Ms. Lansbury's
- Scooby-Doo's master
- Diving bird
- Nero's 155
- Ms. Spelling
- Shindig
- As written
- Varieties
- Couples
- Ms. West
- Organized+crime boss
- Mom-portrayer on #8-Down, Meredith Baxter \_\_\_
- Banting and Best... Canadians who co-discovered what?
- "Groove Is in the Heart" by \_\_\_-Lite
- City \_\_\_ (Municipal



- body)  
54. German 'I'  
55. Water bird  
56. Eye part  
60. Cavity causer: 2 wds.  
63. Les Etats-\_\_\_ (United States, in French)  
64. Villager, say  
65. Around-the-track unit

66. Newfoundland's nickname, The \_\_\_  
67. Designer Mr. Cassini's  
68. Approx.  
69. Particular baa-ers

### Down

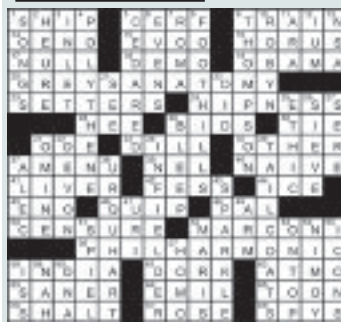
- Oprah's Club link
- "\_\_\_ la Douce" (1963)
- "\_\_\_ there, done

- that."  
4. New \_\_, Nfld.; or, Place \_\_\_ (Montreal building)  
5. The Old Farmer's \_\_\_  
6. Bygone bird  
7. Prickly desert plants  
8. Michael J. Fox sitcom, "Family \_\_\_"  
9. Shortened sleep

- state  
10. APTN = \_\_\_ Peoples Television Network  
11. Just  
12. Iron  
15. Scourge  
18. Wichita's li'l state  
20. \_\_\_ Aviv, Israel  
24. Fast web connections  
25. Farming

- High peak
- Cacharel perfume
- 'Mr. Hockey', Canadian legend from Saskatoon: 2 wds.
- Hunky-dory
- Energy
- Poetically far
- Abel's brother
- Printer resolution meas.
- Bart, to Homer
- Break from a group
- Convert into secret code
- Stay groovy: 2 wds.
- Yesteryear
- 1987 to 1994 'Star Trek' series, to fans
- Writer Mr. Milne's

## Friday's Crossword

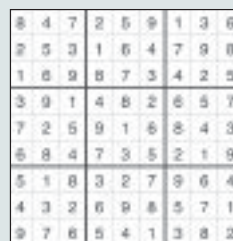


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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**Tom and Nancy**  
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tumour survivor

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